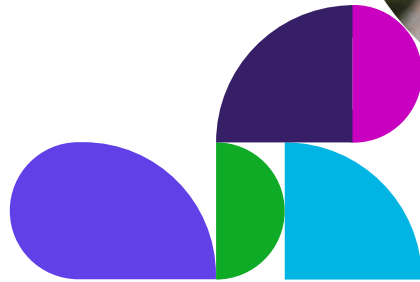


How to recognize  
and manage

# Diabetes



## Did you know...

**1 in 10**

Americans are affected  
by diabetes<sup>1</sup>

**1 in 3**

Americans are living  
with prediabetes<sup>1</sup>

**80%**

of people with prediabetes  
don't realize they have it<sup>2</sup>

## What is diabetes?

Diabetes is a condition that affects how the body processes sugar (glucose) in the blood.<sup>2</sup> The body breaks down the nutrients in food into blood sugar. Your pancreas produces and releases a hormone called insulin into the bloodstream. Insulin reduces blood sugar levels back to the normal range.

When insulin is not present or not effective at helping the body reduce blood sugar levels, it causes health complications.

## Types of diabetes<sup>2</sup>

### Type 1 diabetes (less common)

- The body does not produce insulin at all.
- Must be treated with insulin.

### Type 2 diabetes (more common)

- The body produces insulin but does not use it properly.
- May require lifestyle changes. It could be personalized nutrition and exercise plans, medication or a combination of all three.



### Gestational diabetes

- During pregnancy, the body is not able to produce or use insulin properly.
- Treatment could include changes in diet, activity levels and even medication.
- May or may not develop into type 2 diabetes later.

### Prediabetes

- When a person has high blood sugar levels but not high enough to be considered diabetes.
- Improving your diet and increasing your activity level may delay or prevent developing type 2 diabetes.

## How diabetes affects the body

Because sugar runs in the bloodstream, diabetes can affect almost everything. It specifically impacts body parts that rely on blood vessels to function, like:

- feet
- arms and legs
- heart
- eyes
- kidneys
- hands

Managing blood sugar is important to keep the blood vessels healthy. The vessels help keep these parts of the body functioning at their best.

## 6 tips for managing diabetes<sup>2,3</sup>

With the right lifestyle choices and good habits, people living with diabetes can live long, healthy lives. And if you're prediabetic, implementing lifestyle changes can reduce your risk of being diagnosed with diabetes. **Here are six recommendations to keep you healthy:**



Get plenty of physical activity (150 minutes weekly)



Get support to stop smoking and help manage stress



Eat a balanced diet to reach and maintain a healthy weight



Monitor and manage blood sugar, blood pressure and cholesterol



Stay hydrated—take in fluids throughout the day (about eight cups of eight ounces)



Take meds as prescribed



**Scheduling regular doctors' visits and exams is the most important way a person living with diabetes or prediabetes can stay healthy.**

These visits include regular appointments with a primary care physician or an endocrinologist. They can also include lab tests and annual eye exams.

Not a Livongo member? See if you're eligible for personalized health support at [Go.Livongo.com/ACSHIC/New](https://Go.Livongo.com/ACSHIC/New).

<sup>1</sup><https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

<sup>2</sup><https://www.cdc.gov/diabetes/basics/diabetes.html>

<sup>3</sup><https://www.diabetes.org/diabetes-risk/prediabetes>

Additional source: 2017– March 2020 National Health and Nutrition Examinations Survey (NHANES), National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/nhanes/index.htm>

The Diabetes Management Program affiliation between Livongo and Highmark is structured to encourage members to have a greater hand in their health while still receiving the medical care and advice that can only be provided by their doctor. To ensure that there is no interruption in this benefit, it is important to continue to maintain regular office visits with your doctor. If you have any questions or concerns regarding this requirement, please contact Highmark customer support.